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Pot campaign 'not partisan'

Health minister denies that feds' marijuana campaign is aimed at Justin Trudeau PAGE 7

Karlsson happy either way

Sens' star defenceman said he'd be proud to wear the C but won't ask for it PAGE 17

FAME HAS GONE TO HIS HEAD

THANKFULLY, MICHAEL FASSBENDER'S HIDEOUS VISAGE IS COVERED BY A PAPIER MÂCHÉ HEAD IN HIS NEW FILM, FRANK PAGE 12

Former coach gets 8 years for sexual assaults

Kelly Jones. One victim says he was able to forgive his abuser

JOE LOFARO
joe.lofaro@metronews.ca

A 37-year-old man who was molested by his former hockey coach spoke of the love he has for his abuser and how he forgave him before a judge sentenced him to 8.5 years behind bars Monday.

Even after years of sexual abuse followed by post-traumatic stress, suicidal thoughts, anxiety and substance abuse, Robin McMillan was able to forgive Kelly Jones.

"The thing that I had to admit is I didn't do anything wrong, but I did care about him. I still care about him," McMillan told reporters outside of court. "Denying that was actually eating me up inside."

He told the court in a second victim-impact statement Monday that, through his faith, he realized that forgiveness was the only way to come to terms with what happened to him.

"I'm completely free of all the guilt, shame, doubt, fear and suffering that comes with ... child abuse," he said in court.

Jones, 58, pleaded guilty in April to several historical sexual assaults against 11 victims between 1971 and 1997. His slew of charges included sexual assault, sexual interference, invitation to sexual touching and sexual exploitation.

All but one of the victims were boys who were coached by Jones in either hockey or baseball. The youngest victim was as young as seven years old, the court heard. Jones groomed most of his victims over time and often invited them to drink beer and look at pornography at his home or on camping trips before he abused them.

McMillan is one of four victims who asked that a publication ban on their names be lifted. By going public, he hopes to encourage other victims of childhood sexual abuse to get help.

At least one of the victims said he will never forgive Jones. The court heard that Jones threatened to kill both of Chris Line's parents if he told them about their sexual relationship.

"Robin said he had a very loving relationship with him. I didn't have that at all," said Line, 38. "How can you forgive that?"

Jones will be registered on the sex-offenders registry for life, must submit a blood sample and must abstain from going to public parks or swimming pools where persons under the age of 14 are reasonably expected to be present after his release.

Kelly Jones gets into his car outside his Riverside South home last year. Jones was sentenced to 8.5 years in prison Monday for historical sex crimes against 11 minors. MIKE CARROCCETTO/FOR METRO

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Before trying LeafSource™, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource™. I didn't know what to think of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource™ her pain started to disappear and within a week it was completely gone-as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."

By now you are probably wondering what is LeafSource™ and why is it so effective? LeafSource™ is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research.

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Rideau Centre

Police release video footage of suspected thieves

Ottawa police are looking for two men who allegedly broke into The Bay at the Rideau Centre and stole several articles of clothing.

The incident happened at 73 Rideau St. overnight on July 12, according to police. Police released video surveillance footage of the suspects who were seen walking in the mall.

The first man is described as white, in his late teens to mid twenties, weighing 130 to 160 pounds, with a tattoo on his left upper arm.

The second man is also described as white, in his late teens to mid twenties, weighing between 130 and 160 pounds.

JOE LOFARO/METRO

Construction work

Via Rail nears end of Barrhaven signal light repairs

Via Rail is almost finished repair work on malfunctioning railway signals in Barrhaven.

The Crown corporation laid out more than 130 signal work recommendations and has finished 99 per cent of them, according to Mayor Jim Watson, who met with Barrhaven Coun. Jan Harder, Via Rail President Yves Desjardins-Siciliano and other Via representatives on Monday.

The last of the remaining work, which includes siding along the tracks and a second set of emergency rails, should be finished by spring of next year.

LUCY SCHOLEY/METRO

Greg Brown cuddles with his son Jack. The two, diagnosed with cancer and a rare genetic disorder, respectively, continue to beat medical odds. CONTRIBUTED

Dad and son continue to beat medical odds

Given help, giving back. Father's cancer is contained, while son is living longer than expected

DENIS ARMSTRONG
ottawa@metronews.ca

Customers at the Rexall pharmacy in Manotick tend to donate more to the Rexall Foundation's annual fundraiser after they hear Greg Brown's story.

In 2009, three months after Brown and his wife Mary's son Jack was born with CHARGE syndrome, Brown was diagnosed with malignant melanoma, requiring immediate chemotherapy, and was given about six months to live.

CHARGE is a rare genetic disorder that causes deafness, blindness, deformities and death in infants.

That fall, while Brown was at the General Hospital receiving daily doses of chemotherapy, his son Jack was next door at CHEO, enduring multiple surgeries on his deformed trachea so he could breathe. Their lives hung by a thread.

"Our medical issues became a way of life," said Brown. "In January 2010, Jack or I had medical appointments 25 of the 31 days that month alone."

That's where the customers at Rexall came in. Brown's family was given $3,000 from the foundation's charity golf tournament to help cover medical expenses.

The Manotick store currently stands at No. 2 out of Rexall's 460 stores nationwide, having raised $5,500 and counting for the chain's charitable foundation. But when the national drive closes on Aug. 21, Brown plans to continue raising money for the foundation because of the support it gave him and his family during their terrible medical crisis.

"In three weeks, we've been able to raise more money because the staff and community here get what the foundation's about; it's a personal story," said Brown. "Many of the merchants and vendors at the Manotick Mews Plaza are going to bat for me."

Five years in, Jack and Greg Brown continue to beat the medical odds. Brown's cancer is contained but still a serious threat. Doctors have told him it could come back with a vengeance at any time. Meanwhile, Jack turns five on Sept. 29. Children with CHARGE rarely live beyond five. He requires around-the-clock nursing.

"My wife gives me the strength to get through the day," admits Brown. "She's the rock, and we're overwhelmed by the support we've received from Rexall and the community. Now I want to pay it forward and give something back."

‘We can relax now’: Ottawa-area licensed pot user reacts to B.C. ruling

No more under-the-radar living. Court ruled that limiting the drug’s consumption to its dried form was unconstitutional

LUCY SCHOLEY
lucy.scholey@metronews.ca

Sandy Daviau tends to a cannabis plant at his outdoor garden in southwest Quebec on Oct. 8, 2013. JUSTIN TANG/THE CANADIAN PRESS

Sandy Daviau can breathe a little easier now that he does not have to smoke his medical marijuana.

The West Quebec prescription pot user can legally ingest marijuana in coconut oil, butter or cookies after the B.C. Superior Court ruled on Thursday that limiting the drug’s consumption to its dried form was unconstitutional.

But Daviau, who has multiple sclerosis, has been ingesting a cube of coconut oil or hempseed oil infused with the pot extract and smoking the oil in his e-cigarette anyway.

“We’ve been breaking the law. Almost every patient I know has,” he said. “We’re just so overjoyed with this decision that we can relax now.”

Marcel Gignac, communications director for the Medicinal Cannabis Patients’ Alliance of Canada, said this ruling is a positive step for medical marijuana users because it will allow them to ingest more regulated doses than what you get from smoking a joint.

“Smoking it will get you high but eating it will get you healthy because you’re not wasting it all in smoke,” he said.

Gignac, who’s also a multiple sclerosis patient, cooks the extract in truffles, brownies and cookies. He prefers to both ingest and smoke the drug because he finds relief from both physical and mental pain from both forms.

He said he hopes this court ruling is a step toward removing marijuana from the Controlled Drugs and Substances Act.

WITH FILES FROM THE CANADIAN PRESS

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Knives left at Trudeau’s home in break-in: Source

A note left in Justin Trudeau’s Ottawa home during a break-in Saturday morning was placed on top of an arrangement of large knives, according to a source close to the Liberal Party leader.

Five or six large butcher knives were laid out inside the home, some on the floor, the source told Torstar News Service. The note, which Trudeau called “threatening,” rested on the knives.

Both the Ottawa police and RCMP are investigating the incident, which occurred while Trudeau’s wife and three children were asleep in the house. The Liberal Party leader was in Winnipeg.

A police source told CBC Ottawa the letter warned the family to lock their doors in the future because items could have been stolen. Officers found the letter, purportedly left by the vandals, when they went to the back door of the home, the source said.

In an email to Torstar News Service on Saturday, Trudeau’s spokeswoman Kate Purchase said, to her knowledge, nothing was taken during the break-in.

Trudeau said Sunday he and wife, Sophie Grégoire-Trudeau, have been discussing the amount of time he spends on the road since the burglary.

Liberal Leader Justin Trudeau is shown during a news conference on June 11 in Ottawa. THE CANADIAN PRESS

“Honestly, we’re a little bit shaken,” Trudeau told The Canadian Press.

“There’s no question that Sophie and I have had some very serious conversations over the past 24 hours ... about this path we’re undertaking together and the amount of, I don’t know, I guess exposure that comes with it.”

Trudeau said he can only do his job if he’s assured his family is safe at home.

“And when my wife and kids, with the nanny, are at home on their own and someone breaks in and engages in some fairly disturbing behaviour, I think it’s certainly something that gives me pause in my ability to do the travelling and the job that I’m doing that takes me away from them so much.”

On Sunday afternoon, an RCMP vehicle was still sitting outside Trudeau’s home in the Ottawa neighbourhood of Rockcliffe Park, where he moved his family from Montreal last summer after winning the Liberal leadership.

The Trudeaus are renting the home, which sits on a leafy street not far from the prime minister’s residence at 24 Sussex Dr. and the official Opposition leader’s residence of Stornoway.

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS

Risk and threat assessment

Trudeau spokeswoman Kate Purchase said a formal request has been made to the RCMP for a risk and threat assessment for the Liberal leader and his family. The assessment is underway.

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‘Spare Parts Tour’ rolls into Ottawa

Cross-country biking trip. Organ recipient has been riding from Tofino, B.C. since June 6 to reach St. John’s in September

TREVOR GREENWAY
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Ron Hahn’s cross-Canada “Spare Parts Tour” rolled into Ottawa on Monday. It sounds like a big concert tour but it’s really a one-man show — if you don’t count the dozens of organ-transplant recipients at Blood Services Canada who were waiting for Hahn to ride down Carling Avenue.

Hahn, 32, has been riding from Tofino, B.C., since June 6, hoping that by the time he reaches St. John’s in September, Canadians will think a little harder about becoming organ donors next time they renew their driver’s licence.

Hahn was only 23 when he nearly died from Alport Syndrome, a genetic disorder that targets the kidneys and impairs hearing. Hahn’s kidneys were so damaged that he required a transplant as soon as possible.

While many friends offered to donate one of theirs, ultimately none were a good match. Miraculously, the best match was from Hahn’s adoptive father.

Since receiving the new kidney, Hahn has enjoyed a new lease on life. It’s a feeling he wishes the other 4,300 Canadians currently waiting for a transplant could experience too.

Other than taking his three anti-rejection pills every day and watching what he eats, Hahn is living a normal life. Once he finishes his cross-country ride, he’s hoping to propose to his long-time girlfriend and return to work programming computers.

In the meantime, riding eight hours a day is making Hahn high on life. He has met lots of fellow transplant recipients along the way and he’s lost 30 pounds. Grinning ear-to-ear, he says he’s in the best shape of his life.

“Imagine having a four-year hangover and then you wake up one morning after surgery feeling great, healthy, for the first time in years,” said Hahn while visiting a Canadian Blood Services donation centre Monday. “You realize life is fabulous when you get a second chance.”

“A donation of blood and organs is the perfect gift for the thousands of Canadians who need it,” said Maureen Millette of Canada Blood Services.

Ottawa leaders show their pride at city hall

Ottawa Police Chief Charles Bordeleau, left, Mayor Jim Watson, Capital Pride chair Jodie McNamara, U.S. Ambassador Bruce Heyman, his wife Vicki Heyman and Ottawa South MPP John Fraser raise the Pride flag at city hall on Monday. The ceremony was part of the 29th annual Capital Pride Week, which will end with a parade on Sunday. LUCY SCHOLEY/METRO

Zip.ca shuts down after 10 years

Zip.ca, a once-popular DVD-rental company based in Ottawa, is shutting down operations after 10 years, the firm announced Monday.

“Over a decade, Zip.ca members have helped to create one of the country’s largest movie communities with 305,207 Canadians sharing a library of 70,958 films and TV series,” read a note posted to the Zip.ca homepage. “To our members — thank you for your business over the years.”

The company started out as a mail-only rental service but expanded four years ago by launching DVD-rental kiosks for added convenience.

But with online streaming companies like Netflix quickly eating up the competition and other companies like RedBox also launching rental kiosks, Zip.ca was facing an uphill battle.

Founder and chairman Rob Hall declined an interview request from Metro on Monday afternoon.

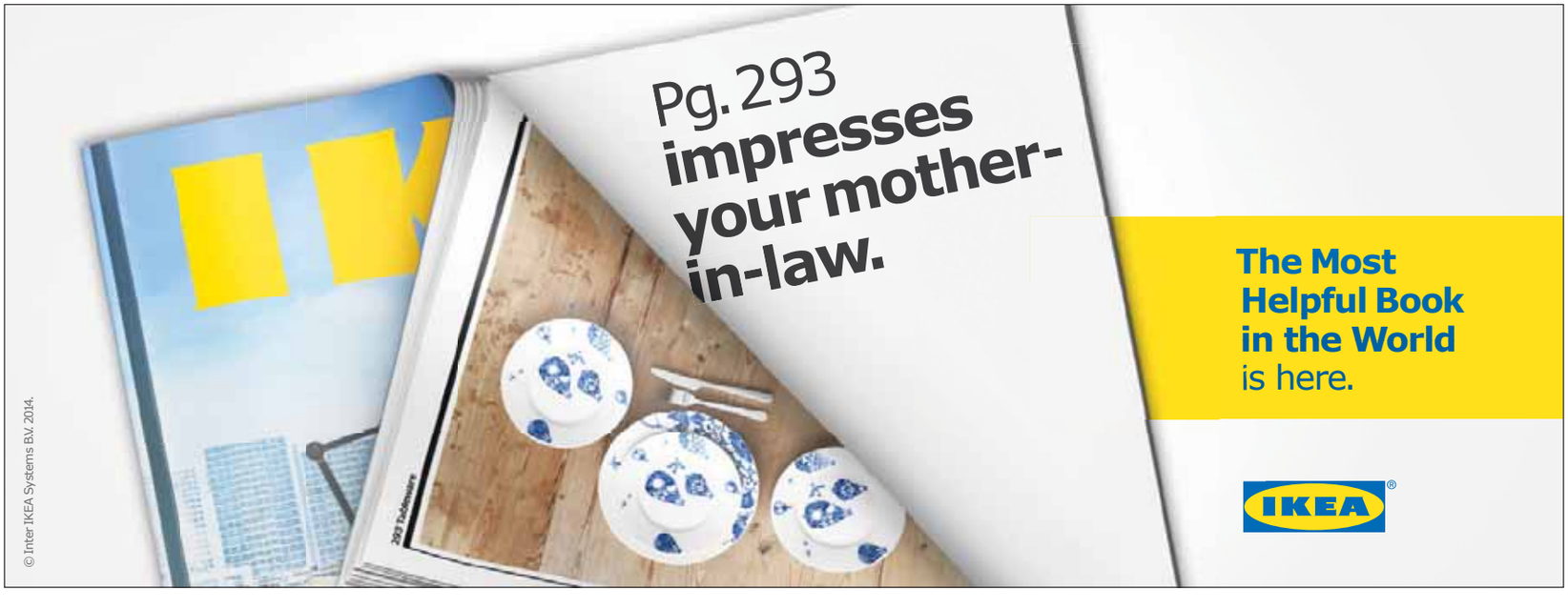
In a statement, Hall said, “We had 10 great years in business, during which we created one of the nation’s largest movie communities with more than 20,500,000 Zip.ca movies shipped to homes across Canada.”

The company said its top renter watched 2,884 movies.

A message to subscribers says they have until Aug. 31 to return rented discs, otherwise they will be charged a non-return fee of $25 per disc.

JOE LOFARO/METRO

Brayden Gosling, 13, of London, tries out a Zip.ca kiosk in this July 2012 photo. JOHN MATISZ/METRO



Health minister says marijuana campaign 'not a partisan attack'

Playing pot politics?
Ambrose says proposal is 'sound public health policy,' not an attack on Justin Trudeau's stance on legalization

Health Minister Rona Ambrose delivers remarks to the 147th General Council of the Canadian Medical Association in Ottawa on Monday. Ambrose has denied that the federal government's proposed marijuana awareness campaign is aimed at Liberal Leader Justin Trudeau. SEAN KILPATRICK/THE CANADIAN PRESS

Health Minister Rona Ambrose is denying that the federal government's proposed marijuana awareness campaign is aimed at Justin Trudeau.

"Telling kids to not smoke pot is not a partisan attack on Justin Trudeau by Health Canada," Ambrose told a news conference Monday on the sidelines of the annual Canadian Medical Association (CMA) meeting.

"It is a sound public health policy backed by science. Whether pot is legal or illegal, the health risks of marijuana to youth remain the same, and we should all be concerned about them."

It was Trudeau who "made this a political issue," Ambrose said, noting the CMA itself had asked for a marijuana awareness campaign and Ottawa simply responded to that call.

The Liberal leader lashed out at Conservatives last week over reports that Health Canada has approached three doctors' groups to sign on to an anti-pot advertising campaign directed at youth.

All three — the CMA, the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada — have declined to participate, saying the campaign has become a "political football."

Trudeau has suggested the Health Canada move was meant as an attack on his support for legalizing marijuana. The proposed campaign came on the heels of several Conservative cabinet ministers, including Peter MacKay and Julian Fantino, publicly maligning Trudeau's stance.

"We know that Canadian taxpayers are getting extremely frustrated with the fact this government tends to use public money for ads that do more for its partisan aims than for actual public service," Trudeau said.

THE CANADIAN PRESS

Medical marijuana

Doctors shouldn't be 'pressured to prescribe'

Rona Ambrose also weighed in Monday on medical marijuana, saying Canada's doctors should not feel pressured into prescribing it.

"The majority of the physician community do not want to prescribe it," she said. "They don't want to be put in a situation where they're pressured to prescribe it, and I encourage them to not prescribe it if they're not comfortable with it."

Cyber-insecurity. Study: Many Canadian companies know they've been hacked

More than a third of Canada's IT professionals know — for sure — that they had a significant data breach over the previous 12 months that could put their clients or their organizations at risk, a cybersecurity study suggests.

And as startling as that statistic may be, the actual number of breaches could be higher, since the same international study found 56 per cent of the 236 Canadian respondents said they believed threats sometimes fall through the cracks.

Quoted

"It's a 24-7 onslaught. It's a barrage of attacks and attempts to penetrate the defences."

Jeff Debrosse, director of security research at U.S.-based security company Websense

"Even the best-protected networks have regular security incidents," says Jeff Debrosse, director of security research for Websense, a U.S.-based security company that commissioned the study. THE CANADIAN PRESS

Seamus O'Regan. Former CTV talent seeks federal Liberal nomination

Former broadcast journalist Seamus O'Regan is seeking the federal Liberal nomination in the Newfoundland riding of St. John's South-Mount Pearl.

O'Regan, originally from St. John's, hosted CTV's Canada AM for nearly 10 years and later was a national correspondent for the network.

Prior to his career in journalism, O'Regan was a senior policy adviser to then-premier Brian Tobin.

The 43-year-old O'Regan is executive vice-president for communications at the Stronach Group, a racetrack operator and a media innovator in residence at Ryerson University.

Seamus O'Regan
CONTRIBUTED

The riding is currently held by NDP MP Ryan Cleary.

THE CANADIAN PRESS

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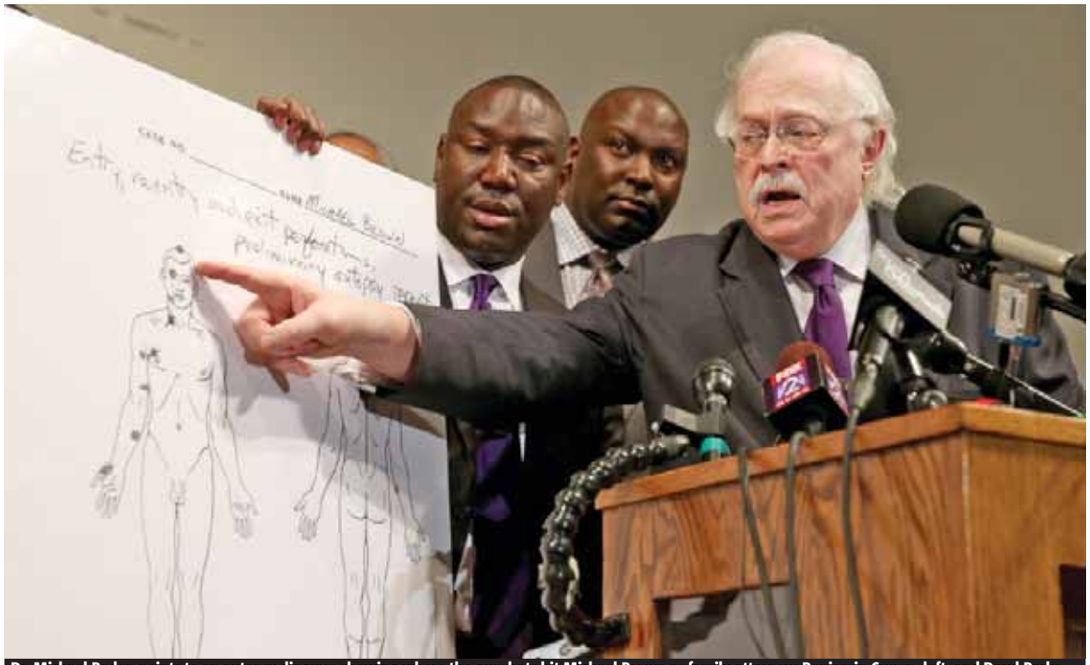
Teen may have had hands up when shot by cop: Pathologist

Michael Brown. The unarmed 18-year-old was shot between six and eight times



Dr. Michael Baden points to an autopsy diagram showing where the gunshots hit Michael Brown as family attorneys Benjamin Crump, left, and Daryl Parks look on during a press conference at the Greater St. Mark's Family Church on Monday in Ferguson, Mo. JOE RAEDLE/GETTY IMAGES

An unarmed black teenager fatally shot by police suffered a bullet wound to his right arm that may have occurred when he put his hands up or when his back was turned to the shooter, "but we don't know," a pathologist hired by the teen's family said Monday.

An independent autopsy conducted on 18-year-old Michael Brown determined that the teen was shot at least six times, including twice in the head, according to the pathologists and the family's attorneys. Another autopsy conducted by St. Louis County also found Brown was shot six to eight times and that he was hit in the head and chest.

The Aug. 9 shooting touched off rancorous protests in Ferguson, a St. Louis suburb where police have used riot gear and tear gas. Gov. Jay Nixon ordered the National Guard to Ferguson to restore order Monday, while lifting a midnight-to-5 a.m. curfew that had been in place for two days.

Brown's death heightened racial tensions between the predominantly black community and the mostly white Ferguson Police Department. Civil-rights activists have compared the shooting to other racially charged cases, especially the 2012 death of Trayvon Martin, the unarmed black teenager shot by a Florida neighbourhood-watch organizer who was later acquitted of murder. Both cases have fuelled nationwide debates on the treatment of young black men in America.

Police have said little about the encounter between Brown and the white officer, except to say that it involved a scuffle in which the officer was injured and Brown was shot. Witnesses say the teenager had his hands in the air as the officer fired multiple rounds.

Family attorney Benjamin Crump said the family wanted the additional autopsy because they feared results of the county's examination could be biased.

"They could not trust what was going to be put in the reports about the tragic execution of their child," he said during Monday's news conference with forensic pathologist Shawn Parcells and former New York City chief medical examiner Dr. Michael Baden. "It verifies that the witness accounts were true: that he was shot multiple times."

He said Brown's mother "had the question any mother would have: Was my child in pain? Dr. Baden shared with her, in his opinion, he did not suffer." He also noted that Brown had abrasions on his face from where he fell to the ground, but "otherwise no evidence of a struggle."

Baden said there was no gunpowder residue on Brown's body, indicating he was not shot at close range. However, Baden said he did not have access to Brown's clothing and that it was possible the residue could be on the clothing.

A grand jury could begin hearing evidence Wednesday to determine whether the officer, Darren Wilson, should be charged in Brown's death.

U.S. Attorney General Eric Holder has ordered a federal medical examiner to perform another autopsy.

THE ASSOCIATED PRESS

Two autopsies

An independent autopsy determined 18-year-old Michael Brown was shot at least six times, while another autopsy conducted by St. Louis County also found Brown was shot six to eight times.

- Forensic pathologist Shawn Parcells, who assisted former New York City chief medical examiner Dr. Michael Baden during the independent autopsy, said a graze wound on Brown's right arm could have occurred in several ways. The teen may have had his back to the shooter, or he could have been facing the shooter with his hands above his head or in a defensive position in front of his face.
- Baden said one of the bullets entered the top of Brown's skull, suggesting his head was bent forward when he suffered the fatal injury. The pathologists said Brown, who was also shot four times in the right arm, could have survived the other bullet wounds.
- Full findings of the county's autopsy aren't expected for about two weeks.

Avoiding accidents

U.S. administration endorses car-talk technology

The Obama administration said Monday it is taking a first step toward requiring that future cars and light trucks be equipped with technology that enables them to warn each other of potential danger in time to avoid collisions.

A research report released by the National Highway Traffic Safety Administration estimates that the technology could eventually prevent 592,000 left-turn and intersection crashes a year, saving 1,083 lives. The agency said it will begin drafting rules to require the technology in new vehicles.

The technology uses a radio signal to continually transmit a vehicle's position, heading, speed and other information. Similarly equipped cars and trucks would receive the same information, and their computers would alert drivers to an impending collision.

THE ASSOCIATED PRESS

San Francisco airport

No charges for man accused of posing as TSA worker

Prosecutors say no criminal charges will be filed against a man accused of posing as a Transportation Security Administration agent and privately screening two women at the San Francisco International Airport.

San Mateo County District Attorney Steve Wagstaffe said Friday that the San Francisco man will not face charges in the alleged incident on July 15.

Wagstaffe says it's illegal to impersonate a police officer but not to impersonate a TSA agent.

He says his office opted not to file charges because investigators have not been able to track down the two women and have not found surveillance footage of the incident.

The 53-year-old man was arrested at a security checkpoint in the airport's international terminal after bringing two women into a screening room. THE ASSOCIATED PRESS

Paris

Armed robbers ambush Saudi prince's convoy

Armed robbers ambushed a car in a Saudi prince's diplomatic convoy on its way to a Paris airport commonly used for private jets, raiding the Mercedes for valuables, then torching and abandoning the vehicle, police and prosecutors said Monday.

Five to eight assailants flashed handguns but fired no shots in the Sunday night attack, the Paris prosecutor's office said. No injuries or arrests were reported.

Rocco Contento of the SGP Paris police union said on BFM television that the car had 250,000 euros in cash and official embassy documents and that the assailants were well-informed about the car's itinerary.

The Paris prosecutor's office said the Mercedes carried "things of value" but would not confirm the theft of cash or documents.

The car, with a driver and two passengers, was heading for Paris' Le Bourget airport to handle paperwork for the departing prince, according to the prosecutor's office.

THE ASSOCIATED PRESS

Rivals say Hamas shot activists who defied house arrest

Gaza. Unclear exactly how many Fatah members were hit; shooting victim calls for Palestinian unity

Quoted

"Our guns must be used only against the occupation (Israel).... What happened will not change my belief in unity."

Sami Abu Lasheen, who says he was shot after being ordered to stay indoors

Gaza's ruling Hamas faction placed dozens of Fatah activists under house arrest during the Gaza war and shot several in the legs for not staying indoors, Fatah officials said Monday.

Hamas gunmen ordered numerous Fatah activists to stay in their homes for the duration of the fighting, said two spokesmen, Ahmed Assaf in the West Bank and Hassan Ahmed in Gaza.

Assaf said some of those who Hamas believed had ignored those orders were shot, although he said the exact number of victims is unknown.

Sami Abu Lasheen, 40, said Hamas activists ordered him at the beginning of the war to stay in his home. After that initial order, he said he sat outside his house from time to time.

"On July 28, masked gunmen came while I was sitting in the yard of my house," he said. "They told me to stand up and they shot me in the legs."

Abu Lasheen suffered multiple leg fractures that will require several months to heal.

Fatah's claims mark the first concrete sign of a Hamas crackdown on domestic dissent during the Israeli-Palestinian conflict.

Hamas spokesman Fawzi Barhoum denied the group put Fatah activists under house arrest, suggesting some Hamas activists might have acted on their own. Barhoum did not address the shooting allegations.

Despite his injuries, Abu Lasheen still wishes for unity.

"Our guns must be used only against the occupation (Israel)," he said. "What happened will not change my belief in unity."

THE ASSOCIATED PRESS

Liberia searches for missing Ebola patients

Health workers equipped with Ebola virus prevention gear at an Ebola treatment centre in the city of Monrovia, Liberia. Liberia's armed forces were given orders to shoot people trying to illegally cross the border from neighbouring Sierra Leone, which is closed to stem the spread of Ebola. Seventeen fled from a ransacked Ebola medical centre on Monday and are still unaccounted for. ABBAS DULLEH/THE ASSOCIATED PRESS

Survivor Rupinder Kang with her daughter Mannisha

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2 in 3 think they can repay student loans in five years

CIBC survey. Bank executive VP applauds students' intentions, but says they may not be realistic

Getting a post-secondary degree can be an expensive endeavour, but a recent survey suggests that most students believe they'll be on track to pay off their student loans within five years of graduating.

The poll from CIBC found that about half of post-secondary students said they would need to borrow money to pay for tuition, living expenses and books.

Although about a quarter expected to owe less than $10,000 by the time they graduate, almost three quarters expected to owe more than $10,000, including 40 per cent who said they'd likely be on the hook for $25,000 or more.

The Canadian Federation of Students says students in Ontario and the Maritimes have debt loads averaging $28,000 at graduation, the highest in the country. Yet despite the predictions of big debt, most students remain optimistic about their ability to eliminate it.

Sixty-six per cent surveyed believed they'd be able to pay down their debt within five years or less, while 34 per cent expected it would take them more than six years.

"While their intentions are admirable, they may not be realistic," said Christina Kramer, executive vice-president of retail and business banking at CIBC. "As students graduate and look to start their careers, they will likely be moving out on their own, saving for a car or a down payment on a home, or even starting a family."

THE CANADIAN PRESS

Dreams by geography

Another survey, by the Bank of Montreal, found regional differences between where students lived and how much they expected to spend.

- Those who live in Alberta expected to spend the most on back-to-school purchases with an average amount of $1,236, followed by Ontario students with $1,204. Those in Saskatchewan and Manitoba expected to spend a combined average of $857.

Celebrity judges pick finalists for Duelling Doughnuts contest

The Big Canadian Red doughnut, pictured above, created by Nikola Kostic of Toronto, is one of four finalists in the Tim Hortons Duelling Doughnuts competition, as chosen by 90210 actor Jason Priestley, musician Jann Arden, TV personality Ben Mulroney and pastry chef Anna Olson. The winner will be determined by the public — consumers can vote for their favourite on duellingdonuts.ca until Aug. 27. The other finalists are The Lumberjack, created by Judd Mah of Edmonton, The Love Reese's To Pieces, created by Jennifer Brown of Glencoe, Ont., and The Ice Cream Sundae, created by Jennifer Veenvliet of Barrie, Ont. SADIYA ANSARI/THE CANADIAN PRESS

Former Apple employee

Sam Sung's card nets nearly $3K

When the eBay auction closed for Sam Sung's Apple Store business card the winning bid hit $2,894.

The former Apple employee has auctioned off his framed business card, T-shirt and name tag, with all the proceeds from the sale going to the B.C. and Yukon chapters of the Children's Wish Foundation.

STEFANIA SECCIA/FOR METRO

Market Minute

DOLLAR 91.86 (+0.02¢)

TSX 15,338.47 (+34.23)

OIL $96.41 US (-0.94¢)

GOLD $1,299.30 US (-$6.90)

Natural gas: $3.79 (+$0.04)
Dow Jones: 16,838.74 (+175.83)

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TOO SOON TO START COUNTING MY EGGS?

SHE SAYS

Jessica Napier
metronews.ca

On Sunday I celebrated my 29th birthday. I am officially on the very last rung of the twenty-something ladder. I spent the entire weekend eating, drinking and rejoicing the fact that I was turning "not 30."

I also happen to share my birthdate with a dear friend's baby boy, which is why I found myself sipping sangria at his first birthday party on Saturday afternoon, in a room full of tiny humans who count their age in months rather than years. I marvelled at the group of men and women casually clutching their infants in one arm and a beer in the other. It was a strange realization that these parents — who were discussing day-care options while getting day-drunk — were all my age.

Being surrounded by adorable and surprisingly well-behaved babies for an afternoon didn't exactly make me broody for one of my own right away, but it did make me wonder when I might start to feel that maternal instinct kick in.

When it comes to the ideal childbearing age, I'm not quite over the hill, but I'm definitely past my prime. Most doctors agree that a woman's fertility peaks in her early to mid-twenties and starts declining soon after. Getting pregnant in your younger years lowers your chance of miscarriage and increases the likelihood of giving birth to a healthy baby. At 35 and beyond, women are six times more likely to have conception issues or pregnancy complications than those 10 years younger.

But getting pregnant and being a parent are two very different concepts. Our bodies might be ready for a baby as soon as we hit puberty, but we mature mentally and emotionally at very different rates.

Just because it's physiologically possible doesn't mean you're psychologically (or financially) ready for the drastic shift in priorities that come with bearing and raising another human being. There will always be personal and professional sacrifices involved; you'll have to put a fulfilling career on pause to go on maternity leave and give up the Pilates body you've spent years sculpting, even if it's just temporarily.

I know there's no perfect time to start a family and, for now, I'm happy to attend baby birthday parties as the token childless friend. But when I read scary statistics about infertility rates in older women, I find myself wishing that I could re-calibrate my biological clock to keep time with my current lifestyle.

Sometimes I worry that if I continue to refill my birth-control prescription each month and wait for a time when I feel completely ready, I'll miss my chance.

I have to wonder how long I have left until my window of opportunity closes and I'm forced to pursue potentially painful and expensive alternatives with no real guarantees of success.

In some ways, it's almost a good idea for a woman to start trying to get pregnant before she's actually ready, in order to ensure she is even capable of conceiving.

Perhaps all this panic is a bit premature on my part. But as I enter my 30th year I know it's something I have to start thinking about, even if it just means incorporating a few folic acid pills into my morning routine.

Haunted by her face

In this 1994 photo captured by William Castellanos, a young girl looks pensively out from a wooden raft.
WILLIAM CASTELLANOS/THE ASSOCIATED PRESS

Photographer still wonders about fate of mystery Cuban raft traveller

In this photo, a girl crouches on a wooden raft, surrounded by solemn men. Her dark eyes stare intently at the camera. A few wisps of her hair float in the breeze.

In a moment, she will be pushed out to sea.

William Castellanos snapped the black and white photo in August 1994 when he was an art student in Havana, capturing the moment when 35,000 Cubans took to the sea in makeshift rafts.

Twenty years after President Fidel Castro encouraged a mass exodus from the island, the images still trouble him.

Did the rafters make it, or did their flimsy vessels break apart in the turbulent, 145-kilometre Florida Straits?

Do they have busy lives and jobs and families now? Or are his photographs the last testament of their existence?

"For me, this is a very difficult photographic record," Castellanos says. "Maybe I have the only, or maybe the last, picture of that person."

Online

Castellanos created the website exodus94.com, which includes numbered close-ups of the 85 people he is trying to locate.

Especially, he wonders about the girl.

"Maybe today she is a woman," Castellanos wonders. "Maybe she has children. I don't know where she is just now, but this is a face that haunted me."

THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 12 in Scene, page 14 in Life and page 18 in Sports.

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

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MetroTube

Have you ever seen a panda bear propose to a maiden so fair?

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it's become clear that there's a stunt marriage-proposal arms race going on, and a lot of folks are just trying to keep their heads above water as these high-concept ring deliveries continue to escalate. That's how we have ended up with a romantic Russian panda-handling a pair of "thugs" who were harassing his (spoiler) now-fiancée with all the menace and plausibility of an early '90s WWE jobber. But they ARE an adorable pair, so consider our hearts warmed. (Camapa Online/YouTube)

SCREENGRAB

metro

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SCENE 2

Fassbender finds the fun in papier mâché

Frank. Actor says donning giant mask heightened his sense of mayhem and mischief in new role

NED EHRBAR
Metro World News in Hollywood

As the titular Frank in Frank, Michael Fassbender plays a reclusive, eccentric musician who can only deal with the world from within a large, cartoonish papier mâché head. You'll just have to take him at his word that it's him under there the whole time, but we believe him.

How do people know it's actually you under the head for the entire film?
They don't. Well, I mean, if you look closely at my hands and stuff you can see it's me. There was supposed to be a couple of scenes where a double would be used because in terms of our scheduling it was overlapping with something else for me, but I ended up doing those as well. I ended up doing it all.

What stands out most about performing underneath a giant papier mâché head?
It was just a lot of fun. By putting the head on, I definitely increased my sense of mischief and anarchy. Sometimes wearing the head just standing there looking at another cast member, they're looking at me going, 'What's he thinking? Is he asleep in there?' There's a lot to play with. And we found after a while that the audience starts to project emotions or opinions or what they think Frank is thinking onto the mask, so it becomes an interesting interaction between the audience and the mask.

Frank is currently screening in select markets across Canada. CONTRIBUTED

There's this notion in the film of being envious of artists with terrible childhoods. Did you experience any of that growing up?
Absolutely. I think definitely when I was at drama school I thought the torture and the pain is necessary to gain any quality, like somehow you had to put yourself through that in order to get an end result. I don't believe that anymore, but I do believe that you've got to put a lot of work in. Talent is one thing, but work ethic is something else. I've seen plenty of talented people not work because of perhaps their misunderstanding of timing and being prepared and being ready when the opportunity comes.

Speaking of, you've been doing a wide range of film projects. Is that part of a general plan, or just seizing what opportunities present themselves?
Yeah, really kind of the latter. What I try and do is I try and do different things. I try not to repeat a character as best as possible. There are obviously limitations, and I start to repeat myself anyway, but to try to pick as diverse characters as possible to keep that to a minimum.

AUGMENTED REALITY

→ Yes, that's Michael Fassbender under there. Scan this photo with your Metro News app to watch the trailer for Frank!

→ See the full instructions on Metro's Voices page.

DVD review

The Amazing Spider-Man 2

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

The Amazing Spider-Man 2 wears its goofiness like a big smiley-face button, brazenly counting on character appeal to carry a story both dopey and mopey. Darned if the strategy doesn't succeed, but just barely. The rebooted Marvel Comics movie franchise still needs to convince us that a redo of Sam Raimi's relatively recent Spider-Man trilogy was necessary. This latest blockbuster assault wins us over, or wears us down, by dint of fine actors who are enjoying themselves, in a film that thankfully doesn't take itself too seriously. Adorable real-life couple Andrew Garfield and Emma Stone lead the charm offensive, as good guy Peter Parker/Spider-Man and his occasional gal Gwen Stacy. Yang to their yin are a couple of well-cast newcomers, both connected to evil über-firm Oscorp: Jamie Foxx as the accident-prone electrical engineer who transforms into the energy-hurling supervillain Electro; and Dane DeHaan (Chronicle) as the bratty corporate heir. If returning director Marc Webb had left it at this, he'd have a stronger film. PETER HOWELL

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Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Is Chris Martin going back to the start with help from Hunger Games honey?

You're probably still really confused about the whole Jennifer Lawrence dating Chris Martin thing. But U.K. paper the Sun is on the case, getting word from an anonymous source that Martin digs Lawrence because she's the opposite of Gwyneth Paltrow. This source doesn't pull any punches, apparently.

"Jennifer is loads of fun and they can't stop laughing when they are together. Chris feels he is dating someone who has everything he's been missing out on in the past 11 years," the source says. "Jennifer doesn't take herself too seriously, and when she is not filming, she just wants to hang out and have a good time."

But here's the thing: No one was curious as to why Martin would be attracted to Lawrence. She's Jennifer Lawrence, case closed. You got an anonymous source that can explain the other half of that equation?

A baby name inspired by an overcast August

Christina Aguilera

Christina Aguilera is a mom once again. The Voice star gave birth to a daughter, her first with fiancé Matt Rutler, over the weekend in Los Angeles, according to Us Weekly. Aguilera later took to Twitter to reveal the baby's name, tweeting, "So proud to welcome our beautiful daughter Summer Rain Rutler into the world." Aguilera also has a 6-year-old son, Max, with ex-husband Jordan Bratman.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pratt was once plucked out of Scooby Doo van obscurity

NED EHRBAR
Metro in Hollywood

Chris Pratt's campaign to melt the hearts of all he encounters continues. The Guardians of the Galaxy star recently posted a photo of himself from his days of being down-and-out in Hawaii, standing next to the Scooby Doo-emblazoned van he used to call home. "Can't believe I found this picture," he wrote on Facebook. "That is the van I lived in! In my hand is the script for the movie that got me out of Maui. Crazy." Pratt previously told the Independent that he bummed around Maui working as a waiter at the Bubba Gump Shrimp Company before breaking into Hollywood.

Justin Bieber

Justin time to go viral: He's taken a picture, and it hasn't lasted long

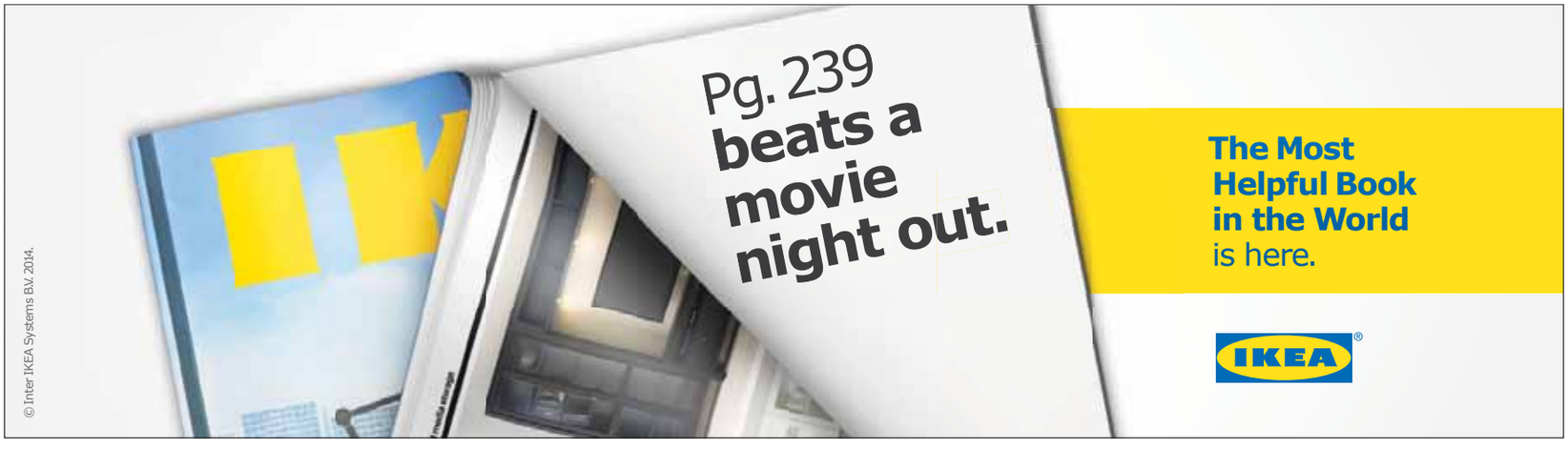
Justin Bieber still doesn't seem to understand that the Internet is forever. Following his well-worn habit of posting and then quickly deleting photos, Bieber uploaded an Instagram snap of himself and on-again, off-again girlfriend Selena Gomez clearly on again, with Gomez in Bieber's arms giving him a kiss on the cheek. The attached caption? "Right now everything else is a blur." Speaking of blurs, the Beebs took the photo down just as fast, but not before it could earn 216,553 likes — which, to be fair, is pretty low for Bieber.

Twitter

@RedHourBen
To the young lady from Michigan at dinner... Do you still want that picture?

@MarkDuplass
Has anyone ever gotten on the wrong flight and didn't discover it until you landed? I feel like this has to happen. And what a moment!

@MileyCyrus
5 foot bong almost complete. this one is a collab with my f---ing beyond kiewl fanz



LIFE 3

Moves that will fit you to a Tai Chi

Make a stand.
The song may say everybody was Kung Fu fighting, but, as it turns out, it may be Tai Chi that's the martial art full of health benefits

DEAN LISK
Metro in Toronto

Personal trainer Grant Jennings performs a Chen-style Tai Chi movement.
ALL PHOTOS AND AR VIDEO BY ELIZABETH BEDDALL

AUGMENTED REALITY

→Scan this photo with your Metro News app to see Grant Jennings perform the first five movements of Chen ZhaoKui Inner Family Big Frame Tai Chi, which he learned from Eric Tuttle at Wind Chases the Moon Martial Arts.

metro AR → See the full instructions on Metro's Voices page.

At first glance, Tai Chi looks like you're moving at a tortoise-pace, or someone accidently hit the slo-mo button, but take a closer look. It is more beneficial than it seems. Check out those bent knees and straight up-and-down spine; it's like a constant squat, held for minutes at a time.

"Not all exercise needs to be explosive and leave you in a pool of sweat," says Grant Jennings, a personal trainer who teaches a Chen-style Tai Chi class at the St. Clair location of Goodlife Fitness in Toronto.

"Don't think of it as someone moving slowly, but like someone wringing out their body like a washcloth. Or someone pumping all the blood and lymph to their tissues and getting oxygen and nutrients into their blood and into their muscles."

Sure, the misconception is that Tai Chi is for older people, but Jennings' clients range in age from 20 to 80. And they are all benefitting in different ways from this martial art developed in the 1600s.

Remember that up-and-down spine? Try to keep that sense of verticality as you balance on one leg, slide on the ball of your foot across the floor, spiral your hands, create a relaxed fist or keep your body feeling loose but powerful at the same time.

Tai Chi is full of detail upon detail upon detail. Tall order, but easily learnable.

"The Chinese have a saying: Cobwebs don't form in a busy doorway. Tai Chi is a full-body exercise where not just one part of the body moves, the whole body moves. The whole body is that doorway."

Tai Chi is defensive, says Jennings. From its roots centuries ago as a way for Chinese peasants to protect their crops from marauders, studies have found that it — as well as being a good tool for self-defence — also enriches everyday life.

"It is learning to protect your body from a variety of attackers; whether they are germs and microbes, those attackers could be someone trying to take your wallet," says Jennings. "For someone working to boost their immune system, there are lots of stories of people who take up Tai Chi practices and never getting a cold again."

He adds it is good for removing tension, easing joint pain, increase circulation and cardiovascular benefits. Tai Chi can be done as a standalone exercise, or as part of a larger exercise plan that includes resistance training and cardio. For people who feel that they don't have enough energy to work out, Tai Chi can give you that energy and help you get off the couch to enjoy more activity.

"It is one of the best cooldowns that you can be doing," says Jennings. "During a workout, your cortisol levels will rise, and it can be a problem trying to develop muscles if those levels don't come back down. This is where Tai Chi can help; it is a chance to rebalance the hormones and set your body up for rest and growth."

Looking for a stress release you can do at the office? Visit metronews.ca to see a video of Grant Jennings demonstrating an exercise which will help you feel more energized.

Getting started: Outward Silk Reeling

"Silk reeling is like the vocabulary of Tai Chi," says Jennings. The movements in this exercise are some of the basic "words" used in Tai Chi to create larger "sentences," called forms. "It's the entry point, it's the playing around with words before you can make a sentence on your own." This is also good as a warm-up for other forms of exercise.

Stand with your legs shoulder-width apart and your knees slightly bent. Place your hands mid-chest. With your palms facing left, keep your left hand above and slightly in front of your right hand.

Turn your waist toward the left by putting your weight into your right leg. Then change position of your hands so the right hand is above and slightly in front of the left. Your palms should now be facing right.

Now turn your waist toward the right, putting the weight into your left leg. Then switch your hands again so your left hand is on top and both palms are now facing left. Repeat the movements.

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Mind the App

Costly when it comes to the crunch

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Jillian Michaels iPhone/iPad/Android Free

This full-featured fitness app offers tailored workouts and recipes, video instructions, in-depth articles and a tracking journal. The free beginner content is good, but a costly subscription is needed after.

On the same page

Reading fiction creates empathy for others

At the American Psychological Association's Convention in Washington, D.C., York University psychologist Raymond Mar led a presentation on narrative fiction's ability to instill empathy. "Even though fiction is fabricated," says Mar, "it can communicate truths about human psychology and relationships." AFP

Eye symptoms that need emergency attention

See your way to healthy vision. Watch for signs of potentially serious problems

Keep an eye out for serious vision problems. ISTOCK

Many people experience temporary eye-related problems such as pink eye (conjunctivitis) from a cold virus or a scratched cornea resulting from an object coming into contact with the eye.

But there are a number of conditions that constitute true eye emergencies which, if not treated promptly, could result in permanent loss of vision.

In these cases, seeking emergency medical attention from an ophthalmologist is essential to preserving or recovering your vision.

Retinal detachment

This can occur when the sensory layer within the eye lifts away from its inner surface, resulting in abnormal electrical impulses (flashes) and debris to float inside the eye and possibly a wavy quality to vision. A laser procedure to reattach the retina may be necessary.

Chemical injuries

The smallest splash of a caustic liquid that is either acidic or worse, highly alkaline, may result in a chemical burn that compromises vision. Immediately rinse with cool running water before seeking medical attention.

Acute glaucoma

This condition causes the fluid pressure within the eye to suddenly increase, which may result in blurred vision, a red eye, nausea and vomiting, the appearance of a halo-like glow around lights and a hazy cornea. Emergency diagnosis, medication to lower eye pressure and even surgery can be effective.

Retinal artery/ vein occlusion

The eye's main blood vessels can become blocked, causing sudden and painless blurring or loss of vision. Treatments include medications, injections or lasers.

Mechanical injuries

Rupturing or perforation of the eyeball can happen from a hard poke or hit while playing sports or from a piece of debris entering the eye at high speed, such as an errant shaving from a workshop tool. Wearing protective goggles or a shield is essential to prevent these injuries; once they occur, they require immediate ophthalmological evaluation, antibiotics to prevent infection and possible surgery. Do not touch your eye if you suspect there is something stuck in it, as this will only worsen the injury.

Don't put your most vital sense at risk. If you're experiencing any of these or other worrying symptoms, don't wait to consult a doctor. MARK MELROSE/METRO IN NEW YORK CITY

What to watch for

If you're experiencing any of these symptoms, seek medical attention right away to diagnose and treat what might otherwise be a permanent threat to your vision:

- Eye pain
- Vision loss
- Seeing a halo
- Flashes or floaters
- Bulging or swelling of the eye
- Double vision
- Discharge, crusting or tearing
- Blurred vision that persists

Edible insects

Bugs may be nutritious, but are they delicious enough to eat?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Are insects the new energy food?

Before you recoil in disgust, you need to read this. As reported in the September issue of Best Health magazine, crickets, mealworms and other creepy crawlies really could become a common food ingredient in the future. (The topic is to be the focus at an upcoming conference in Montreal, Aug. 26-28, called Eating Innovation: the Art, Science, Culture and Business of Entomophagy.)

As Melissa Greer writes in Best Health, while the idea may be tough to get your head around, it's not that far-fetched: At least two billion people worldwide eat insects regularly, according to a 2013 United Nations report. Insects could one day be a staple food, given an ever-growing population plus a projected future shortage of the water needed for crops and livestock.

Many edible insects — beetles, caterpillars, ants, grasshoppers and crickets, to name a few — are rich in protein and good fats, and high in iron. You could call them the perfect nutrition bar — and in fact, we found two examples: Chapul and Exo. Both of these U.S.-based companies promote their cricket bars as earth-friendly, since crickets can be grown using far less water compared to, say, beef cattle.

And Exo notes that crickets have more than double the percentage protein of chicken. Chapul's are made from baked crickets ground into a powder and mixed with ingredients such as dates, cocoa, honey and oats. Exo's, also made with cricket flour, are free of gluten, grains, soy and dairy.

Do you dare to try them? Has it really come to this?

PICK UP THE LATEST ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.

Insects step up to the plate — as a healthy serving of protein. ISTOCK

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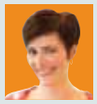
Why not take your pick from one of these super-easy recipes?

Health Solutions

Fresh isn't always best



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Summer suppers can sometimes sneak up and surprise you after being out enjoying the day.

Those last-minute meals rely heavily on pantry and freezer ingredients that need assembly rather than cooking. What you really want are foolproof and nourishing ingredients at the ready that can be ignored and then served. Here are some ideas:

Frozen shrimp or other cooked fish
• Cooks in minutes and great for stir fries.
• Cook 1/2 cup whole wheat pasta per person. Drain. In a skillet sauté for four minutes: 1/2 cup scallops/shrimp per person, 1 cup frozen peas per person, 1 tsp extra virgin olive oil per person, 1 tbsp Parmesan cheese. Add the cooked pasta and mix.

Frozen Brussels sprouts
• Steam and toss with dill.

Frozen broccoli
• Simmer 2 cups of broccoli and 1 potato in 1 quart of broth. Purée to soup consistency. Stir in 1 tbsp Parmesan cheese.

Frozen soybeans/lima beans are a high protein snack
• Steam for 2 minutes. Add seasoned rice vinegar.

Frozen apple or pineapple juice concentrate
• Replaces some refined sugar in baked goods with real fruit sugar.

Frozen whole wheat tortellini
• Great as a small portion loaded up with veggies (crushed tomatoes, sliced pepper and onions, etc.

Frozen berries
• Irreplaceable superfoods in smoothies/baking.

Frozen pizza
• Thin-crust and whole wheat: add seeds, veggies, etc.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves four. THERESA ALBERT

Skillet Chicken.

This recipe allows you to use your fave frozen veggies in any combination possible

THERESA ALBERT
myfriendinfood.com

This meal comes together in a flash with barely the basics from the fridge.

It is a foolproof, adaptive formula that can be cooked on the stovetop, stuffed into the oven or the whole skillet can go on the barbecue.

Just about any frozen veg does the trick, mix 'em up if you have to. Any mustard flavour, and any jam or jelly works, water or broth can substitute for wine.

You really can't mess this one up. It is your go-to "cook's night off" solution.

1. Rub the chicken breast with the Italian seasoning, salt and pepper as you warm a cast iron skillet.

2. Add oil and brown chicken breasts on both sides for 2 minutes.

3. Add red peppers and stir for two to three minutes. Stir in broccoli.

4. Stir in mustard and red pepper jelly, cover and allow to cook through for 10-15 minutes.

5. Pour the white wine into the mixture, add butter and simmer for 1 minute to finish.

Ingredients

- 4 boneless skinless chicken breasts
- 1 tsp Italian seasoning
- salt and pepper
- 1 tsp grapeseed oil
- 2 red peppers, sliced
- 4 cups frozen broccoli
- 1 tbsp grainy mustard
- 2 tbsp red pepper jelly
- 1/4 cup white wine
- 1 tsp butter

This recipe serves six. THE CANADIAN PRESS

Cheese was made for pasta

Pasta and cheese are perfect partners, but it doesn't always have to be same old, same old. This main dish takes only about 15 minutes to prepare and 40 minutes to cook and will be a family pleaser.

Ingredients

- 500 g (1 lb) lean ground beef
- 1 garlic clove, minced
- 500 ml (2 cups) sliced mushrooms
- 250 ml (1 cup) chopped onion
- 250 ml (1 cup) chopped green bell pepper
- 7 ml (1 1/2 tsp) Italian seasoning
- Pinch salt
- 1 can (796 ml/28 oz) diced tomatoes, undrained
- 250 ml (1 cup) water
- 375 g (12 oz) broken spaghetti
- 15 ml (1 tbsp) balsamic vinegar or red wine vinegar
- 500 ml (2 cups) shredded mozzarella cheese
- 50 ml (1/4 cup) grated Parmesan cheese
- Chopped fresh basil (optional)

1. In a large skillet, sauté beef over medium-high heat, breaking it up with a spoon; drain off any fat. Add garlic, mushrooms, onion, green pepper, Italian seasoning and salt. Cook, stirring occasionally, for about 5 minutes or until vegetables have softened.

2. Stir in diced tomatoes, water and broken spaghetti; bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for about 15 minutes or until pasta is tender.

3. Stir in balsamic vinegar, mozzarella and Parmesan cheese; stir until cheese is melted.

4. Serve sprinkled with fresh basil, if using.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

MLB

Jays poach AAA first baseman from Pirates

The Toronto Blue Jays have claimed first baseman Matt Hague off waivers from the Pittsburgh Pirates.

Hague, 28, has spent the majority of the season with triple-A Indianapolis, batting .267 with 14 home runs and 67 runs batted in 93 games and earning an International League all-star selection.

THE CANADIAN PRESS

Redblacks

Paris Jackson released

The Ottawa Redblacks have released veteran wide receiver Paris Jackson.

The former CFL West all-star had just six receptions for 34 yards over eight games with Ottawa this season.

Prior to signing with the Redblacks in March, the Vancouver native spent 11 seasons with B.C and helped the Lions win two Grey Cups (2006, 2011). THE CANADIAN PRESS

Veteran wide receiver Paris Jackson GETTY IMAGES

NHL

Combine heads to Buffalo

The NHL's pre-draft scouting combine will be held in Buffalo the next two seasons.

NHL Vice-President Colin Campbell on Monday called Buffalo a "natural fit" in announcing the league's decision at a news conference with the Sabres.

The combine had been held outside Toronto, inside a convention centre that provided no on-ice testing and little room for fans. THE CANADIAN PRESS

Erik Karlsson carries the puck during a game against the Penguins in Pittsburgh in April. The 24-year-old star defenceman has been touted as a possible new captain for Ottawa after the departure of Jason Spezza. JUSTIN K. ALLER/GETTY IMAGES

Captain or not, Karlsson's ready

Happy either way.
Sens' star defenceman 'sad to say the long summer's probably done me good'

Erik Karlsson says he'd be glad to take on the added responsibility that comes with being the new captain of the Ottawa Senators.

He also would be perfectly happy if the team decides to go in another direction.

"Obviously it's something I wouldn't say no to (but) it's not something I'm going to ask for,'' the 24-year-old star defenceman said Monday.

The Senators are once again in search of a new captain as Jason Spezza — who replaced longtime captain Daniel Alfredsson — was traded to the Dallas Stars this past summer. Spezza wore the C for just one season before requesting a trade from Senators management.

Despite the loss of Spezza's leadership and offensive abilities, Karlsson thinks the team can improve from last season's 11th place finish in the Eastern Conference.

"It's going to be a change, but at the same time I think the group we have is developing," Karlsson said. "Even though we kind of had a bad year last year I think we're going to be a better team this year with or without (Spezza)."

Karlsson finished last season with 20 goals and 74 points through 82 games, but was far from satisfied with his performance. He worked hard during the off-season, made longer by the fact the Senators missed the playoffs, and says he's looking forward to getting back on the ice.

"I feel way better now than I did at this point last year and I really feel that everything is starting to connect more," he said.

Karlsson admitted he didn't feel good about his game last season and wants to try to return to the form that saw him win the Norris Trophy in 2013.

Karlsson seemed more at peace and confident with himself, and it appears a tumultuous season last year helped the young defenceman mature.

Last season saw Karlsson dealing with a divorce, as well as the loss of Alfredsson and close friends Peter Regin and Jakob Silfverberg. He spent a lot of time recovering from the Achilles injury.

"Everything bad comes with some good, right?," Karlsson said.

While Karlsson was already considered a star, he will likely come under even closer scrutiny this season with Spezza's departure. In the end it was that scrutiny that proved to be too much for Spezza, but Karlsson says he's ready and willing to accept it.

"That's how it is playing on a Canadian team and that's what you have to take," Karlsson said. THE CANADIAN PRESS

Contract extension

The Ottawa Senators have signed defenceman Mark Borowiecki to a US$3.3-million, three-year contract extension.
Borowiecki, 24, scored one goal and added 48 penalty minutes in 13 games with Ottawa last season.
The Ottawa native also recorded two goals and six assists along with a career-high 158 penalty minutes and a plus-14 rating in 50 games with the American Hockey League's Binghamton Senators.
The Senators' fifth-round pick (139th overall) in the 2008 NHL draft, Borowiecki has one goal and 68 penalty minutes in 21 NHL games.

4 SPORTS

New ownership.
Steve Ballmer debuts as L.A. Clippers owner

Sweating, clapping and shouting until he was nearly hoarse, Steve Ballmer introduced himself to Los Angeles Clippers fans at a rally on Monday celebrating his new ownership of the NBA team.

The former Microsoft CEO made his way through the crowd inside the Staples Center to Eminem's Lose Yourself, exchanging high-fives and chest-bumping as he took the stage in front of 4,500 fans.

Ballmer paid a record $2 billion for the team in a sale that was confirmed by a judge last week. The name of disgraced former owner Donald Sterling, who controlled the team for 33 years before being banned for life by the NBA for racist remarks, was never uttered during the rally.

Not moving

Ballmer gave out his email address during the televised rally and was quick to assure fans he won't move the team to Seattle, where he's lived for 34 years.

"We're looking forward," Ballmer proclaimed, having removed his blue Clippers hat. "Everything is about looking forward."

Ballmer's fervour was in stark contrast to Sterling, who never spoke to the media and was famously frugal when it came to spending on the team during decades of losing — despite having amassed a fortune through real estate.

THE ASSOCIATED PRESS

Quoted

"We're going to be bold. Bold means taking chances."

Los Angeles Clippers owner Steve Ballmer

Surgery successful

Arnold Palmer gets a pacemaker to help heartbeat

Arnold Palmer has had a pacemaker implanted to correct an abnormal heartbeat.

According to his website, Palmer had successful surgery Monday at the UPMC Presbyterian Hospital. The 84-year-old Palmer was to remain in the hospital overnight for observation.

THE ASSOCIATED PRESS

NFL

Avoiding the term 'Redskins'

Two influential NFL voices — including CBS lead analyst Phil Simms, who will handle Washington's Week 4 game — said Monday they likely won't use the term "Redskins" when discussing the franchise.

"My very first thought is it will be Washington the whole game," Simms said.

His broadcast partner, Jim Nantz, says it is "not my job to take a stance."

THE ASSOCIATED PRESS

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Mexicans send Australians packing at LLWS

Australia's Blake Monaghan scores under the tag of Mexico catcher Gabriel Heredia during an international elimination baseball game at the Little League World Series on Monday in South Williamsport, Pa. Mexico won 6-2 and will face Venezuela on Tuesday afternoon. Scan the image with the Metro News app for the best photos from the tournament. MATT SLOCUM/THE ASSOCIATED PRESS

Nadal to skip final Grand Slam of year

Injury. Tennis star blames his withdrawal on a bad right wrist

Reigning champion Rafael Nadal pulled out of the U.S. Open because of an injury for the second time in three years Monday, leaving Novak Djokovic and Roger Federer as the men to beat at the year's last Grand Slam tournament.

Nadal announced his withdrawal, blamed on a bad right wrist, one week before play begins at Flushing Meadows.

"I am sure you understand that it is a very tough moment for me since it is a tournament I love and where I have great memories from fans, the night matches, so many things," a posting on Nadal's Facebook page read. "Not much more I can do right now other than accept the situation and, as always in my case, work hard in order to be able to compete at the highest level once I am back."

The second-ranked Nadal plays left-handed but uses a two-handed backhand.

The 14-time major champion was hurt July 29 while practising on his home island of Mallorca ahead of the North American hard-court circuit. The next day, Nadal announced he needed to wear a cast on his wrist for two to three weeks and would be sitting out tournaments in Toronto and Cincinnati.

The 28-year-old Spaniard also said at that time he expected to return for the U.S. Open.

Instead, he's the fourth man in the Open era, which began in 1968, to decline to try to defend his U.S. Open title. The others were Ken Rosewall in 1971, Pete Sampras in 2003 and Juan Martin del Potro in 2010. Del Potro is also out of this year's U.S. Open after wrist surgery in March.

Nadal is 44-8 with four titles in 2014, including his record ninth French Open trophy in June. He has not competed since losing in the fourth round of Wimbledon on July 1.

With Nadal sidelined, five-time U.S. Open champion Federer joins Djokovic as a favourite in New York — even if there are questions about them.

Federer turned 33 this month, and it's been more than two years since he won one of his record 17 Grand Slam titles.

But he is coming off a runner-up finish at Wimbledon last month and a hard-court title at the Cincinnati Masters on Sunday. THE ASSOCIATED PRESS

Quoted

"Not much more I can do right now other than accept the situation and, as always in my case, work hard in order to be able to compete at the highest level once I am back." Rafael Nadal

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Even if you are determined to be on good terms with everyone, you will still find it difficult to get along with one particular individual. Face it, you are so far apart that friendship is highly unlikely.

♉ Taurus
April 21 - May 21
You are being pulled between two extremes, making it difficult to make up your mind. Only you can decide, but you must do it quick.

♊ Gemini
May 22 - June 21
Some people love making drama out of things that are not even remotely a crisis. All you can do is to keep your distance.

♋ Cancer
June 22 - July 23
There is no point being careful all of the time but if you go too far, you may regret it. If a loved one warns you are too close to the edge, take heed and rein yourself in.

♌ Leo
July 24 - Aug. 23
Your mind is overflowing with big ideas and you can't wait to get started. But there could be a better opportunity heading your way. Don't miss it.

♍ Virgo
Aug. 24 - Sept. 23
Your first instincts are usually right, so trust them and refuse to change what you are doing just because others are having second thoughts.

♎ Libra
Sept. 24 - Oct. 23
With Mars moving through one of the more materialistic areas of your chart, jump at the chance to move up in the world over the next few days.

♏ Scorpio
Oct. 24 - Nov. 22
You may want to show you can manage on your own but today's challenges are likely to be severe, so make sure you have back-up from friends and family.

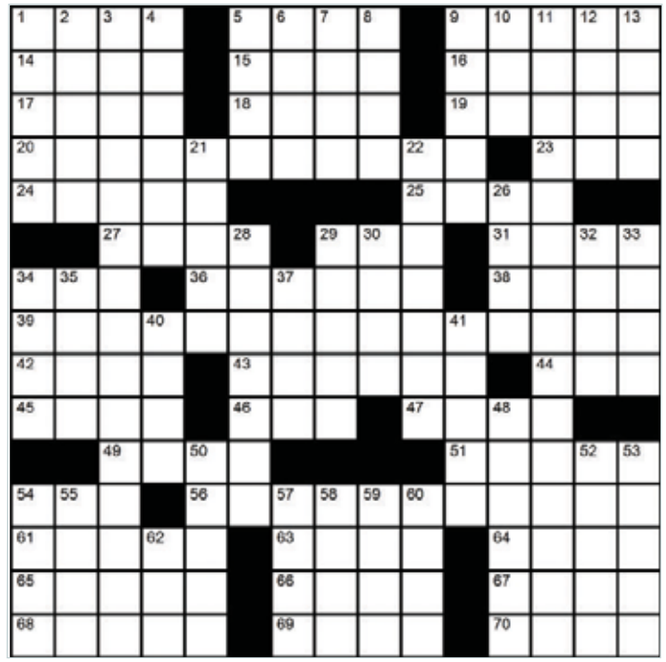
♐ Sagittarius
Nov. 23 - Dec. 21
These are exciting times for you but there is a danger you could burn yourself out, especially if you focus all your energy in a single direction.

♑ Capricorn
Dec. 22 - Jan. 20
Someone will rub you the wrong way today and you may find it hard to control your temper. Keep doing what you are doing. That will really annoy them!

♒ Aquarius
Jan. 21 - Feb. 19
Focus only on things that excite you physically and emotionally over the next few days. Some will say you are expecting too much of yourself but, if anything, you are not expecting enough.

♓ Pisces
Feb. 20 - March 20
The intensity of your feelings over the next 24 hours could easily make you do something silly, so think before you act and act only if you have to.

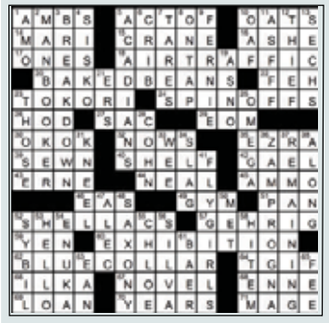
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mob boss
5. __ Place, Butch Cassidy and the Sundance Kid
9. "Yabba-__-Doo!" - Fred Flintstone
14. Ms. Poehler's
15. Hammer-wielding superhero
16. Edmonton player
17. Diamond's rainy day covering
18. Regarding [abbr.]
19. Destroy
20. Winnipeg-born Olympian who is a spokesperson for Bell's Let's Talk initiative, 2 wds.
23. Comic Louis, et al.
24. Brawny blokes
25. Added benefit
27. "_ __ what..." (Popeye's credo)
29. Lab subj.
31. "_ __ where wide the golden sunlight flows..." - Richard Watson Gilder
34. Repetitive hand-washing, e.g.
36. School grounds
38. RCN rank
39. VIA vehicles: 2 wds.
42. Theatrical gadget
43. Harry Chapin's "Cat's in the __"
44. Fitness system, __ Bo
45. Umpire's call!
46. Jerusalem's li'l land
47. Per person/piece
49. Mr. McGregor
51. Survives
54. Good __ (Nice person)
56. What step dancers dance to: 2 wds.
61. Cheater's date
63. Lily variety
64. Sonny's duettist
65. Currency of India
66. Tiny
67. Man, in Milan
68. Go in
69. De-gorged gum
70. Accelerated

Down
1. Outfielder's feat
2. "I Was _ __ War Bride" (1949)
3. Ancient royal tombs: 3 wds.
4. Nova Scotia's provincial bird
5. Engrave
6. Archaic pronoun
7. "It's All Gone Pete __" (2004) ... see #9-Down for more!
8. Aqueduct attribute
9. Michael __ (London, Ont. born director)
10. Lungs' longing
11. Morrisburg ON: One of the 1860s buildings in Upper Canada Village: 2 wds.
12. 'Odelay' singer/songwriter
13. Sacred chests
21. Has __ __ up one's sleeve
22. New Testament letter
26. Cabo da __, Portugal
28. "Moon River" composer Henry
29. Asparagus piece
30. Bean __ (Tofu)
32. Writer Ms. Ferber
33. Celtic language
34. Antonyms [abbr.]
35. "__ Mia" by Jay & The Americans
37. Dept. heads
40. Emulate Etna
41. Kingdom
48. Political meeting
50. Following
52. "I hope this doesn't __ __ up now." ...said the on-schedule person
53. Boston seafood dish
54. Peut-__ (Maybe, in Montreal)
55. Green: German
57. Hydro projects
58. Tap trouble
59. Moon goddess
60. Discharge
62. Envision

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	1				2	3		
5			3	1				7
					6	4		
		9		8				5
	6						7	
4				3		8		
		4	8					
3				9	7			1
		2	1				8	9

Yesterday's Sudoku

6	8	2	1	3	7	4	5	9
3	1	5	6	4	9	7	8	2
9	7	4	2	5	8	6	1	3
1	3	8	7	2	4	9	6	5
4	5	9	8	1	6	3	2	7
2	6	7	5	9	3	8	4	1
7	4	1	3	6	5	2	9	8
8	2	6	9	7	1	5	3	4
5	9	3	4	8	2	1	7	6

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